

MCGARVA THERAPY | Counseling Psychotherapy Consulting

21243 Ventura BL, Suite 228 Woodland Hills CA 91364

OFFICE POLICY AND CONSENT TO TREATMENT/CONSULTATION

Providers: *Monica Jung McGarva, M.A.* is licensed to practice marriage and family therapy in California (LMFT 49540). I also have a certification in clinical hypnosis through the American Society of Clinical Hypnosis. Contact: (818) 835-2514 or monica@mcgarvatherapy.com.

Appointments: Sessions usually last 50 minutes. If you need to re-schedule your session, please let me know at least 24 hours in advance to avoid being charged the full regular fee for the missed appointment.

Fees: Payment is preferred at the beginning of each appointment. This practice accepts cash, credit cards and personal checks, which should be made to **Monica McGarva**. There is a \$35 fee for returned checks.

Health Insurance: I can provide you with a “superbill” that includes the information to claim reimbursement.

Confidentiality: None of the information discussed in our sessions or the written notes on those sessions may be revealed to anyone without your written permission, except when required by law. The law **requires** disclosure when I have reasonable suspicion of child, dependent adult or elder abuse or neglect, or when you present a danger to other people or property, when your family member/s communicate to me that you present a danger to others, among other circumstances. Disclosure *may* be required if, for example, I believe you are a danger to yourself, or you make claims about your mental status in a lawsuit. To protect confidentiality, I do not use **social networking** with current or former clients.

Treatment: Psychotherapy is not always successful. Some clients may experience periods of depression or increased difficulty along the way. Sometimes you need to get worse in order to get better. Most importantly, please understand that therapy is indeed a process. No quick fix is available. Goals should be set and revisited periodically. Some may not like what they learn about themselves as the treatment moves along. Expectations should not be too high. Sometimes people may find that the therapeutic relationship is not what they anticipated and that is okay. Clinical hypnosis conducted by a trained therapist is considered a safe, complementary and alternative medical treatment. However, hypnosis may not be appropriate for people with severe mental illness. Adverse reactions to hypnosis are rare, but may include headache; drowsiness; dizziness; anxiety or distress; creation of false memories. Eye Movement Desensitization and Reprocessing (“EMDR”) may result in distressing unresolved memories. Some clients experience reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including but not limited to, high level of emotional or physical sensations. Subsequent to the treatment session, the processing of incidents and/or material may continue and dreams, memories, flashbacks, feelings. etc., may surface.

Ending Treatment: Psychotherapists are under an ethical duty to end treatment when we believe you are not sufficiently benefiting and need a different level or kind of care.

I have read and understand the office policy. (For clients under 18, parent’s/guardian’s signature indicates permission to treat.)

Client’s name printed

Client’s signature

Date